



1. Lüneburger Heide-Staffellauf / Ultra-Marathon

Lüneburg / 16.06.2018

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Pumpes and friends

□□□: 10:23:32

□□: 266

□□: 9.62 km/h

□□□□: 6:14 min/km

□□: 100.00 km

Lüneburger Heide Lauf

□□□□□: 62 (of 76)

□□□□□□: 8:08:42

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□□□□□: 62(of 76)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.40	1:02:03	5:57	54	22:35	54	22:35	10.40	1:02:03	5:57	54	22:35	54	22:35
Amelinghausen	13.60	1:17:09	5:40	44	19:55	44	19:55	24.00	2:19:12	5:47	46	37:49	46	37:49
Schwindebeck	8.30	58:57	7:06	62	22:05	62	22:05	32.30	3:18:09	6:08	60	47:37	60	47:37
Bispingen	9.60	1:15:34	7:52	75	30:18	75	30:18	41.90	4:33:43	6:31	68	1:14:07	68	1:14:07
Overhaverbeck	10.80	58:52	5:27	31	13:18	31	13:18	52.70	5:32:35	6:18	64	1:17:14	64	1:17:14
Undeloh	6.90	44:37	6:27	46	15:55	46	15:55	59.60	6:17:12	6:19	63	1:22:44	63	1:22:44
Egestorf	9.20	59:51	6:30	48	18:26	48	18:26	68.80	7:17:03	6:21	65	1:30:18	65	1:30:18
Salzhausen	10.60	1:05:27	6:10	52	23:26	52	23:26	79.40	8:22:30	6:19	63	1:45:55	63	1:45:55
Südergellersen	10.90	1:01:02	5:35	35	15:43	35	15:43	90.30	9:23:32	6:14	63	2:01:38	63	2:01:38
Sülzwiesen	9.70	1:00:00	6:11	55	16:06	55	16:06	100.00	10:23:32	6:14	62	2:14:50	62	2:14:50